

Sensation

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Stephen Sunter (UK)
音乐: Sweet Music - Kylie Minogue



CROSSING TOE STRUTS, RIGHT, LEFT, RIGHT, LEFT

1-2 Traveling slightly forward cross right over left, touch right toe, drop right heel and click fingers
3-4 Traveling slightly forward cross left over right, touch left toe, drop left heel and click fingers
5-6 Traveling slightly forward cross right over left, touch right toe, drop right heel and click fingers
7-8 Traveling slightly forward cross left over right, touch left toe, hold and click fingers

UNWIND 1 ¼ TURN, SHUFFLE FORWARD, ROCK, RECOVER, ROLLING FULL TURN BACK

9-10 Using left toe, push and unwind 1¼ turn right over 2 counts (1-2)
11&12 Shuffle forward right, left, right
13-14 Rock forward left, recover onto right
15-16 Make ½ turn left stepping forward left, turn ½ left stepping right back

TURN ¼ SIDE ROCK, RECOVER, BEHIND SIDE CROSS, ¾ MONTEREY, TOUCH

17-18 Making ¼ turn left rock left-to-left side, recover onto right
19&20 Step left behind right, step right to right side, cross left over right
21-22 Touch right to right side, make ¾ turn right on ball of left foot and step right together
23-24 Touch left to left side, touch left next to right

SHUFFLE FORWARD, ROCKING STEPS X 3, STEP, HITCH, SIDE

25&26 Shuffle forward left, right, left
27&28& Rock forward right, recover onto left, rock right to side, recover onto left
29&30 Rock right back, recover onto left, step forward right
31&32 Scuff left next to right, hitch left knee, step left to left side, feet shoulder width apart

SNAKE ROLLS LEFT, RIGHT, SIT, HIPS, GRIND

33& Snake roll left
34& Snake roll right
35&36 Snake roll left (35&), drop hips to sit position
37a&a38a&a Bump hips forward and back (quickly) (or side to side, the Beyonce Knowles wiggle)
39-40 Grind hips to the left over 2 counts

REPEAT

RESTART

On the (6th) wall, drop the last four counts, re-start the dance after count 36

Some people don't feel comfortable doing counts 33-40. Feel free to add an alternative eight counts. Here is a suggestion from one of my class members

SWAY HIPS LEFT, RIGHT, LEFT, SIT, BUMP HIPS, FORWARD, BACK, FORWARD BACK, GRIND

33-36 Sway hips left, sway hips right, sway hips left, drop to sit position
37&38& Bump hips forward, bump hips back, bump hips forward, bump hips back
39-40 Grind hips to the left over 2 counts